

SUMMER SCHOOL: »A HOLISTIC APPROACH TO WORKPLACE HEALTH PROMOTION AND CORPORATE WELLNESS«

Izola, Slovenia, 10th–15th September 2015

The Summer School was a part of the project for the creation of a 2-year Erasmus Mundus Joint Master Degree in the field of Corporate Wellness and Active Lifestyles. The same Universities (University of Padua, University of Augsburg, University of Basel and University of Primorska) involved in the Summer School are also the Universities taking part in the Mundus Project, coordinated by University of Padua. The general aim of the Summer School was to prepare participants to develop, implement and promote physical activity and exercise in different working contexts, by adopting a holistic approach to individual and collective health and well-being. During the Summer School, the following activities were scheduled: key-lectures, workshops, round tables, plenary sessions, social and physical activities. The activities took place during six consecutive days from the 10th to the 15th September 2015 in Izola (Simon's Bay). Two whole days were dedicated to practical experiences, indoor and outdoor. Participants were Master and Ph.D. students from Slovenia, Italy, Germany, Switzerland, Serbia and Croatia. The lecturers came from all four participating Universities: Hans Peter Brandl-Bredenbeck, Ph.D. (University of Augsburg), Uwe Pühse, Ph.D. (University of Basel), Carlo Reggiani, Ph.D., Antonio Paoli, Ph.D., Attilio Carraro, Ph.D., Erica Gobbi, Ph.D., Fabio Sgarbossa, Ph.D., and Silvano Zanuso, Ph.D. (University of Padua), Boštjan Šimunič, Ph.D., Dorjana Zerbo Šporin, Ph.D., and Shawnda Morrison, Ph.D. (University of Primorska).

Tjaša Dimec Časar

POLETNA ŠOLA

“A HOLISTIC APPROACH TO WORKPLACE HEALTH- PROMOTION AND CORPORATE WELLNESS”

Izola, Slovenija, 10.–15. september 2015

Poletna šola je bila del projekta za oblikovanje 2-letnega Erasmus Mundus programa na področju wellnesa in aktivnega življenjskega sloga. Iste univerze, ki so sodelovale pri izvedbi poletne šole (Univerza v Padovi, Univerza v Augsburgu, Univerza v Baslu in Univerza na Primorskem), nameravajo sodelovati tudi v projektu Mundus, ki ga usklajuje Univerza v Padovi. Glavni namen poletne šole je bil priprava udeležencev za razvoj, izvajanje in spodbujanje telesne aktivnosti in športne vadbe v različnih delovnih okoljih, s sprejetjem holističnega pristopa do individualnega in kolektivnega zdravja ter dobrega počutja. V času poletne šole so se odvijala različna predavanja, delavnice, okrogle mize, plenarna zasedanja ter družabne in telesne aktivnosti. Celotna dva dneva sta bila posvečena praktičnim izkušnjam (v predavalnicah in na prostem). Dejavnosti so potekale v šestih zaporednih dneh od 10. do 15. septembra 2015 v Izoli (Simonov zaliv). Poletne šole so se udeležili podiplomski študenti iz Slovenije, Italije, Nemčije, Švice, Srbije in s Hrvaške. Predavatelji so bili iz vseh štirih sodelujočih univerz: dr. Hans Peter Brandl-Bredenbeck (Univerza v Augsburgu), dr. Uwe Pühse (Univerza v Baslu), dr. Carlo Reggiani, dr. Antonio Paoli, dr. Attilio Carraro, dr. Erica Gobbi, dr. Fabio Sgarbossa in dr. Silvano Zanuso (Univerza v Padovi), dr. Boštjan Šimunič, dr. Dorjana Zerbo Šporin in dr. Shawnda Morrison (Univerza na Primorskem).

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